



Personality Disorder Support Group

2pm-3.30pm, fortnightly Mon-
days

4 & 18 Feb, 4 & 18 March

Brickfield Centre Portland Place,
Epsom, KT17 1DL

- ◆ Explore different coping strategies
- ◆ Use mindfulness and positive affirmations
- ◆ Open discussions with peer support
- ◆ Focus on problem management

Please email info@maryfrancestrust.org.uk to let us know you are coming